It’s OK to not know what’s next for you.

It’s OK to not know when you’ll feel better.

It’s OK to not know how things will unfold.

It’s OK to not know if you’ll be OK.

It’s OK to not know what lies ahead.

It’s OK to not know when things will begin and end.

It’s OK to not know how you got here in the first place.

It’s OK to not know how to make sense of it all.

It’s OK to not know what the best path is.

It’s OK to not know how to get yourself out of here.

It’s OK to not know where help may come from.

It’s OK to not know what beauty, wisdom, love awaits you.

It’s OK to not know what it all means.

It’s OK because knowing isn’t a prerequisite for being in the now and with all your heart trusting just this moment.

With love and light,

Damla